

## The Contest

The Mayors' Healthy Lifestyle Contest is a 12-week competition to help motivate people to improve their health and to lose unwanted body fat. There will be an initial assessment on January 15, 2011 to obtain a starting point and a final assessment will be taken the week of April 6 - 13, 2011. The assessments will be used to determine the contestants' progress. The individual who improves their health and fitness the most will win a \$1000!

### How do I enter the contest and how much does it cost?

Fill out the registration form and turn it into the New Smyrna Beach Parks and Recreation Department. There is an entry fee of \$99 for all entrants.

### What is included with the entry fee?

The entry fee includes a t-shirt, a weight management seminar, a health seminar, three fitness assessments, 12 boot camp classes, and 12 group cardio run/walk sessions. The total value of these items is over \$500!

### How does the competition work...what do I have to do?

This is a "self-improvement" contest. Although you will be competing against other people, your body does not have to look better than everyone you're competing with to win. The contest is based upon how much you improve your body, starting where you are now.

**To register or for more information**



**NSB Parks & Recreation  
Department**

**1000 Live Oak Street**

**New Smyrna Beach, FL 32168**

**Phone: (386) 424-2175**

**[www.cityofnsb.com](http://www.cityofnsb.com)**

**Created by:**



**New Smyrna Beach High School Academy**

# FIRST ANNUAL

# MAYORS FITNESS



[www.themayorsfitnesschallenge.com](http://www.themayorsfitnesschallenge.com)

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# Support Programs



## Bootcamp

This bootcamp class will cater to all levels of fitness and is designed in a way that pushes the participants harder than they have pushed themselves.

Once a week

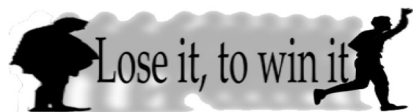
(Saturday mornings), the instructor will mix traditional callisthenic and body weight exercises with interval training and strength training. This fitness class gets fast results and creates a supportive and motivated community.

## Group Run/ Walk Cardio Training

This program is all about tapping into the cardiovascular system to maximize the fat burning process. Participants

will meet with group leaders once a week (Wednesday evenings) to improve their cardiovascular health and burn calories at their level of fitness.

**These programs are included in the registration fee.**



# Guidelines and Instructions

## Contestants

Fee: \$99

Age Requirements - 18 years or older

All contestants should consult a doctor prior to beginning any health and fitness program.

Registration forms should be delivered to the New Smyrna Beach Recreation Department

## Contest

Duration: 12 Weeks

Contest Begins: January 15, 2011 from 10:00 am-3:00 pm during the Mayors' Health Fair at the New Smyrna Beach Gym.

The initial fitness assessment will include, but is not limited to;

- blood pressure and resting heart rate
- weigh-in and measurements
- body fat analysis
- "before" pictures

Contest ends with an appointment for a fitness assessment the week of April 6 - 13, 2011 that includes;

- blood pressure and resting heart rate
- final weigh-in and measurements
- body fat analysis
- "after" pictures
- turning in a personal success story

Required attire for the fitness assessments: t-shirt, athletic shorts, and athletic shoes

Contestant's assessment information will not be published or distributed.

Winners will be determined by their overall health improvement and their personal success story.

The grand prize is a \$1000!

Winners will be announced at the Balloon Fest on April 16, 2011

## MAYORS FITNESS CHALLENGE

NAME \_\_\_\_\_

GENDER: M \_\_\_\_\_ F \_\_\_\_\_

PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

ZIP \_\_\_\_\_

E-MAIL \_\_\_\_\_

ADULT SHIRT SIZE: SM \_\_\_\_\_ MED \_\_\_\_\_  
L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_

AMOUNT PAID \$ \_\_\_\_\_

CHECK \_\_\_\_\_ CHG \_\_\_\_\_ CASH \_\_\_\_\_

## PLEASE READ AND SIGN BELOW

I wish to be allowed to participate in the Mayor's Fitness Challenge and its associated activities sponsored by the Parks & Recreation Department of the City of New Smyrna Beach. I understand that the City does not carry medical or liability insurance and will not be liable for any injury suffered by me unless the injury is directly caused by the City. I, therefore, agree that if I am allowed to participate in or be a spectator at said activities, that if I wish insurance coverage, it will be my obligation to provide it and that neither I, nor my personal representative, will make any claim against the City for injury or death unless the said injury or death is directly caused by the City.

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_